Learning mental health awareness skills is vital for reducing the stigma surrounding mental health issues and promoting a more compassionate and understanding society. These skills help individuals recognize signs of mental distress in themselves and others, leading to earlier intervention and improved overall well-being.

**Spring 2024**
CNSL 9045 (1 credit hour)

Attend a one-day Mental Health Summit, take part in UC ASSIST training, and complete a brief reflection paper for graduate course credit.

You will learn to identify when an individual may need support for their mental health, effectively respond to a person in crisis, and learn best practices for referring to professional resources and services.

**MENTAL HEALTH SUMMIT**
Attend the full day of the summit on:
February 14, 2024
Sessions will take place from 10am-4pm in TUC

Register for MH Summit at: Enroll in Catalyst!

**UC ASSISTS**
Attend ONE of the following trainings:
- February 5, 2024
- March 4, 2024
- March 29, 2024

All trainings are 9am-5pm

**Questions?**
Dr. Michael Brubaker | brubakml@ucmail.uc.edu